

FOR CITY RETIREES UNDER AGE 65 ON THE “MOST” BENEFITS PROGRAM\*

## Navigating your health and benefits is easy. Just ask Accolade.

Starting January 1, 2020, you and covered family members can connect with a dedicated Accolade Health Assistant for help with health or benefits, big or small. Your Health Assistant will get to know you and understand your needs, while partnering with a team of doctors, nurses and benefits specialists to help support you each step of the way.



### Ask your Health Assistant questions like these:



Can you help me find an in-network provider?



What questions should I ask my doctor?



I was diagnosed with diabetes – now what?



Can you help me understand my claim/bill?



What other benefit programs might help me?

Your Health Assistant will be available  
by phone, online or mobile app  
(IOS or Google)

## Reach Your Goals, Enjoy the Journey

On November 5, 2019, the City of Seattle is launching a new program to support your physical, emotional, financial and social wellbeing! We've partnered with Limeade, the employee experience software company, to create **Thrive**. **Thrive** will combine useful tools, educational content and social support to help you reach your goals and enjoy the journey.



### Here's what you can do with Thrive starting November 5, 2019:

- Explore your interests at your own pace
- Join activities designed to build healthy habits
- Complete the assessment to learn about your strengths and areas of improvement
- Connect your devices and apps to easily track your activities on the go
- Participate in team activities and connect with others along the way
- Earn points for participation to achieve new levels and great rewards

Watch your US mail in early November  
for a postcard containing account  
activation information

\*Accolade and Thrive are for City of Seattle retirees under age 65 and their spouses/domestic partners on the “Most” benefit program. Not available to under 65 retirees on the SPOG benefit program, SHA retirees or Medicare eligible retirees.

Part of your health benefits provided by